



## 2,800 Calorie Plan (Vegan) 5 meals.day

### DAY 1

<b>Breakfast</b> 7:00 AM	almonds	1 oz	162 cal
	oat bran, cooked	2 Cup(s)	175 cal
	drinking water	8 fl oz	0 cal
	trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal
	pea milk unsweetened original-ripple	12 fl oz	105 cal

MEAL TOTAL: **Calories** 607 cal / **Carbs** 59 g (35%) / **Protein** 65 g (38%) / **Fat** 21 g (27%) / **Fluid** 20

#### NOTES:

<b>Snack</b> 10:00 AM	garbanzo beans, dry-roasted no salt	4 oz	154 cal
	drinking water	16 fl oz	0 cal
	apples	1 large	110 cal
	natural peanut butter	2 tablespoons	190 cal

MEAL TOTAL: **Calories** 454 cal / **Carbs** 74 g (55%) / **Protein** 19 g (14%) / **Fat** 19 g (31%) / **Fluid** 22

#### NOTES:

<b>Lunch</b> 12:00 PM	whole wheat tortillas	2 tortilla	254 cal
	drinking water	16 fl oz	0 cal
	peppered tofurky deli slices	4 oz	218 cal
	dijon mustard	2 tsp	10 cal
	tomatoes	1/4 Cup(s)	8 cal
	romaine lettuce	4 leaf	4 cal
	hummus	4 Tbsp	110 cal
	baby carrots	10 large	53 cal

MEAL TOTAL: **Calories** 657 cal / **Carbs** 76 g (47%) / **Protein** 41 g (25%) / **Fat** 20 g (28%) / **Fluid** 25

#### NOTES:

<b>Snack</b> 3:00 PM	almond beverage with calcium	2 Cup(s)	139 cal
	pecan granola bars	2 bars	190 cal
	bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 464 cal / **Carbs** 86 g (71%) / **Protein** 8 g (6%) / **Fat** 13 g (23%) / **Fluid** 20

#### NOTES:



Eating right, simplified.

## Dinner

6:00 PM

quinoa, cooked	1 1/2 Cup(s)	333 cal
vegan turkey with sage, meat free	12 oz	113 cal
drinking water	16 fl oz	0 cal
brussels sprouts, no salt, boiled	1 1/2 Cup(s)	42 cal
extra virgin olive oil	1 Tbsp	120 cal

**MEAL TOTAL:** **Calories** 608 cal / **Carbs** 78 g (50%) / **Protein** 29 g (18%) / **Fat** 22 g (32%) / **Fluid** 26

### NOTES:

**DAY 1 TOTAL:** **Calories** 2,790 cal / **Carbs** 373 g (50%) / **Protein** 162 g (22%) / **Fat** 94 g (28%) / **Fluid** 114

**DAY 2**

<b>Breakfast</b> 7:00 AM	drinking water	16 fl oz	0 cal
	almond beverage with calcium	1 3/4 Cup(s)	121 cal
	strawberries	1 Cup(s)	46 cal
	old fashioned oats by quaker	3/4 Cup(s)	225 cal
	almonds, slivered	1 oz	153 cal

MEAL TOTAL: **Calories** 545 cal / **Carbs** 82 g (58%) / **Protein** 16 g (12%) / **Fat** 18 g (30%) / **Fluid** 34

**NOTES:**

<b>Snack</b> 10:00 AM	teriyaki tofu, baked	3 oz	136 cal
	drinking water	16 fl oz	0 cal
	almond butter	2 Tbsp	200 cal
	apples	1 large	110 cal
	melba toast, no salt	4 toast	75 cal

MEAL TOTAL: **Calories** 521 cal / **Carbs** 63 g (47%) / **Protein** 23 g (17%) / **Fat** 21 g (36%) / **Fluid** 22

**NOTES:**

<b>Lunch</b> 12:00 PM	baby carrots	10 large	53 cal
	romaine lettuce	4 leaf	4 cal
	mayonnaise, made with tofu	1 Tbsp	48 cal
	drinking water	16 fl oz	0 cal
	whole-wheat pita bread	2 small	149 cal
	vegan chicken strips, meat free	5 oz	361 cal

MEAL TOTAL: **Calories** 615 cal / **Carbs** 60 g (38%) / **Protein** 37 g (23%) / **Fat** 27 g (39%) / **Fluid** 22

**NOTES:**

<b>Snack</b> 3:00 PM	drinking water	16 fl oz	0 cal
	fbbc cherry almond butter shake-vegan	1 serving	413 cal
	nectarines	1 fruit	60 cal

MEAL TOTAL: **Calories** 473 cal / **Carbs** 47 g (37%) / **Protein** 31 g (24%) / **Fat** 22 g (39%) / **Fluid** 21

**NOTES:**



Eating right, simplified.

## Dinner

6:00 PM

vegan chicken strips, meat free	3 oz	217 cal
mustard greens, no salt, boiled	1 cup	36 cal
drinking water	16 fl oz	0 cal
spicy quinoa & black beans	1 serving	386 cal

**MEAL TOTAL:** Calories 639 cal / Carbs 77 g (47%) / Protein 39 g (24%) / Fat 21 g (29%) / Fluid 24

### NOTES:

**DAY 2 TOTAL:** Calories 2,794 cal / Carbs 329 g (46%) / Protein 146 g (20%) / Fat 110 g (34%) / Fluid 124

**DAY 3**

<b>Breakfast</b> 7:00 AM	whole wheat raisin bread	2 slice	260 cal
	almond beverage with calcium	1 Cup(s)	69 cal
	drinking water	8 fl oz	0 cal
	almond butter	2 Tbsp	200 cal
	nectarines	1 fruit	60 cal

MEAL TOTAL: **Calories** 589 cal / **Carbs** 87 g (58%) / **Protein** 16 g (11%) / **Fat** 21 g (31%) / **Fluid** 20

NOTES:

<b>Snack</b> 10:00 AM	apples	1 large	110 cal
	drinking water	16 fl oz	0 cal
	almonds	1 1/4 oz	203 cal
	trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 478 cal / **Carbs** 40 g (31%) / **Protein** 41 g (32%) / **Fat** 21 g (37%) / **Fluid** 22

NOTES:

<b>Lunch</b> 12:00 PM	balsamic vinegar	1 Tbsp	14 cal
	whole wheat dinner rolls	1 roll	74 cal
	chicken nuggets, meat free	4 oz	316 cal
	romaine lettuce	2 Cup(s)	16 cal
	iced tea, green	16 fl oz	0 cal
	extra virgin olive oil	1 Tbsp	120 cal
	avocados	1/4 avocado	80 cal

MEAL TOTAL: **Calories** 621 cal / **Carbs** 52 g (32%) / **Protein** 22 g (14%) / **Fat** 39 g (54%) / **Fluid** 21

NOTES:

<b>Snack</b> 3:00 PM	baby carrots	15 large	79 cal
	drinking water	16 fl oz	0 cal
	hummus, lower sodium	4 Tbsp	105 cal
	melba toast, no salt	5 toast	94 cal
	garbanzo beans, dry-roasted no salt	4 oz	154 cal

MEAL TOTAL: **Calories** 431 cal / **Carbs** 83 g (66%) / **Protein** 21 g (17%) / **Fat** 9 g (17%) / **Fluid** 24

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

mustard greens, no salt, boiled	1 cup	36 cal
vegan chicken strips, meat free	3 oz	217 cal
drinking water	16 fl oz	0 cal
spicy quinoa & black beans	1 serving	386 cal
green beans	1 cups	35 cal

**MEAL TOTAL:** **Calories** 674 cal / **Carbs** 84 g (48%) / **Protein** 41 g (24%) / **Fat** 21 g (28%) / **Fluid** 24

### NOTES:

**DAY 3 TOTAL:** **Calories** 2,793 cal / **Carbs** 346 g (47%) / **Protein** 142 g (19%) / **Fat** 111 g (34%) / **Fluid** 111

**DAY 4**

<b>Breakfast</b> 7:00 AM	drinking water	16 fl oz	0 cal
	almond beverage with calcium	2 Cup(s)	139 cal
	cereals, kashi 7 whole grain nuggets	2 Cup(s)	275 cal
	strawberries	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 460 cal / **Carbs** 96 g (76%) / **Protein** 12 g (10%) / **Fat** 8 g (14%) / **Fluid** 37

**NOTES:**

<b>Snack</b> 10:00 AM	drinking water	16 fl oz	0 cal
	nectarines	1 fruit	60 cal
	almonds	1 oz	162 cal
	mixed berry soy yogurt	6 oz	180 cal
	trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal
	pea milk unsweetened original-ripple	10 fl oz	88 cal

MEAL TOTAL: **Calories** 600 cal / **Carbs** 56 g (38%) / **Protein** 45 g (31%) / **Fat** 20 g (31%) / **Fluid** 20

**NOTES:**

<b>Lunch</b> 12:00 PM	drinking water	16 fl oz	0 cal
	whole-wheat pita bread	2 small	149 cal
	quinoa chili, vegan	1 1/2 serving	345 cal
	nutritional yeast seasoning by bragg	5 Tbsp	100 cal
	green beans	1/2 cups	18 cal

MEAL TOTAL: **Calories** 611 cal / **Carbs** 94 g (58%) / **Protein** 36 g (23%) / **Fat** 13 g (19%) / **Fluid** 17

**NOTES:**

<b>Snack</b> 3:00 PM	drinking water	16 fl oz	0 cal
	fbbc cherry almond butter shake-vegan	1 serving	413 cal

MEAL TOTAL: **Calories** 413 cal / **Carbs** 32 g (30%) / **Protein** 29 g (27%) / **Fat** 21 g (43%) / **Fluid** 17

**NOTES:**



Eating right, simplified.

## Dinner

6:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
mustard greens, no salt, boiled	1 cup	36 cal
wild rice, cooked	1 Cup(s)	166 cal
drinking water	16 fl oz	0 cal
navy beans, no salt, boiled	2/3 Cup(s)	170 cal
vegan chicken strips, meat free	4 oz	289 cal

**MEAL TOTAL: Calories** 721 cal / **Carbs** 85 g (46%) / **Protein** 44 g (23%) / **Fat** 26 g (31%) / **Fluid** 27

**NOTES:**

**DAY 4 TOTAL: Calories** 2,805 cal / **Carbs** 364 g (50%) / **Protein** 167 g (23%) / **Fat** 88 g (27%) / **Fluid** 118

Powered by Evolution Nutrition. Copyright © 2020. All Rights Reserved.

The contents of the Evolution Nutrition services, such as text, graphics, images, information, charts, obtained from Evolution Nutrition's licensors, including information, advice and coaching received either in written or oral format, and other material contained in the Evolution Nutrition services ("Content") are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on or from the Evolution Nutrition services.

**DAY 5**

<b>Breakfast</b> 7:00 AM	drinking water	8 fl oz	0 cal
	almonds	1 oz	162 cal
	oat bran, cooked	2 Cup(s)	175 cal
	pea milk unsweetened original-ripple	12 fl oz	105 cal
	blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 525 cal / **Carbs** 77 g (51%) / **Protein** 33 g (22%) / **Fat** 18 g (27%) / **Fluid** 25

**NOTES:**

<b>Snack</b> 10:00 AM	almond butter	2 Tbsp	200 cal
	drinking water	16 fl oz	0 cal
	apples	1 large	110 cal
	trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 475 cal / **Carbs** 38 g (32%) / **Protein** 40 g (33%) / **Fat** 19 g (35%) / **Fluid** 22

**NOTES:**

<b>Lunch</b> 12:00 PM	balsamic vinegar	1 Tbsp	14 cal
	vegan chicken strips, meat free	5 oz	361 cal
	drinking water	16 fl oz	0 cal
	romaine lettuce	2 Cup(s)	16 cal
	whole wheat dinner rolls	1 roll	74 cal
	extra virgin olive oil	1 Tbsp	120 cal
	cauliflower	4 oz	28 cal
	bananas	1 extra small	72 cal

MEAL TOTAL: **Calories** 686 cal / **Carbs** 60 g (33%) / **Protein** 36 g (20%) / **Fat** 37 g (47%) / **Fluid** 25

**NOTES:**

<b>Snack</b> 3:00 PM	baby carrots	25 large	131 cal
	hummus, lower sodium	4 Tbsp	105 cal
	drinking water	16 fl oz	0 cal
	garbanzo beans, dry-roasted no salt	3 oz	115 cal
	cucumber	2 cup	10 cal

MEAL TOTAL: **Calories** 362 cal / **Carbs** 70 g (66%) / **Protein** 16 g (16%) / **Fat** 8 g (18%) / **Fluid** 31

**NOTES:**



Eating right, simplified.

**Dinner**  
6:00 PM

drinking water	16 fl oz	0 cal
vegan fajitas	2 serving	759 cal

**MEAL TOTAL: Calories** 759 cal / **Carbs** 126 g (62%) / **Protein** 33 g (16%) / **Fat** 19 g (22%) / **Fluid** 35

**NOTES:**

**DAY 5 TOTAL: Calories** 2,807 cal / **Carbs** 371 g (49%) / **Protein** 158 g (21%) / **Fat** 103 g (30%) / **Fluid** 138



**DAY 6**

<b>Breakfast</b> 7:00 AM	drinking water	8 fl oz	0 cal
	whole wheat raisin bread	2 slice	260 cal
	bananas	1 extra large	135 cal
	almond butter	2 Tbsp	200 cal
	pea milk unsweetened original-ripple	12 fl oz	105 cal

MEAL TOTAL: **Calories** 700 cal / **Carbs** 97 g (58%) / **Protein** 28 g (17%) / **Fat** 19 g (25%) / **Fluid** 12

NOTES:

<b>Snack</b> 10:00 AM	almond nut thins hint of sea salt	1 oz	123 cal
	drinking water	16 fl oz	0 cal
	nectarines	2 fruit	120 cal
	hummus	4 Tbsp	110 cal
	baby carrots	10 large	53 cal
	cucumber	1 cup	5 cal
	celery	2 large stalk	20 cal
	natural peanut butter	1 tablespoons	95 cal

MEAL TOTAL: **Calories** 525 cal / **Carbs** 85 g (62%) / **Protein** 14 g (10%) / **Fat** 17 g (28%) / **Fluid** 35

NOTES:

<b>Lunch</b> 12:00 PM	iced tea, green	16 fl oz	0 cal
	vegan fajitas	1 1/2 serving	569 cal

MEAL TOTAL: **Calories** 569 cal / **Carbs** 94 g (62%) / **Protein** 24 g (16%) / **Fat** 15 g (22%) / **Fluid** 30

NOTES:

<b>Snack</b> 3:00 PM	drinking water	16 fl oz	0 cal
	apples	1 large	110 cal
	pecan granola bars	2 bars	190 cal
	trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 465 cal / **Carbs** 61 g (50%) / **Protein** 38 g (31%) / **Fat** 10 g (19%) / **Fluid** 22

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

summer squash, no salt, boiled	2 cup	72 cal
drinking water	16 fl oz	0 cal
wild rice, cooked	2 Cup(s)	331 cal
vegan turkey with sage, meat free	12 oz	113 cal
broccoli	1 cup	31 cal

**MEAL TOTAL:** **Calories** 547 cal / **Carbs** 102 g (71%) / **Protein** 33 g (22%) / **Fat** 5 g (7%) / **Fluid** 38

### NOTES:

**DAY 6 TOTAL:** **Calories** 2,807 cal / **Carbs** 440 g (61%) / **Protein** 136 g (19%) / **Fat** 65 g (20%) / **Fluid** 137



**DAY 7**

<b>Breakfast</b> 7:00 AM	drinking water	16 fl oz	0 cal
	cereals, kashi 7 whole grain nuggets	2 Cup(s)	275 cal
	blueberries	1 Cup(s)	83 cal
	pea milk unsweetened original-ripple	12 fl oz	105 cal
	almonds, raw	20 Whole nuts	148 cal

MEAL TOTAL: **Calories** 611 cal / **Carbs** 88 g (59%) / **Protein** 28 g (19%) / **Fat** 15 g (22%) / **Fluid** 20

NOTES:

<b>Snack</b> 10:00 AM	almond nut thins hint of sea salt	1 oz	123 cal
	baby carrots	15 large	79 cal
	hummus, lower sodium	4 Tbsp	105 cal
	drinking water	16 fl oz	0 cal
	apples	1 large	110 cal

MEAL TOTAL: **Calories** 416 cal / **Carbs** 79 g (72%) / **Protein** 10 g (9%) / **Fat** 9 g (19%) / **Fluid** 30

NOTES:

<b>Lunch</b> 12:00 PM	tomatoes	1/2 Cup(s)	16 cal
	romaine lettuce	3 leaf	3 cal
	dijon mustard	1 Tbsp	15 cal
	whole wheat tortillas	3 tortilla	381 cal
	drinking water	16 fl oz	0 cal
	garden veggie tempeh	4 oz	251 cal

MEAL TOTAL: **Calories** 666 cal / **Carbs** 78 g (47%) / **Protein** 35 g (22%) / **Fat** 22 g (31%) / **Fluid** 21

NOTES:

<b>Snack</b> 3:00 PM	strawberries	1 1/2 Cup(s)	69 cal
	mixed berry soy yogurt	6 oz	180 cal
	drinking water	16 fl oz	0 cal
	trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 414 cal / **Carbs** 54 g (48%) / **Protein** 40 g (37%) / **Fat** 7 g (15%) / **Fluid** 23

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
drinking water	16 fl oz	0 cal
chicken nuggets, meat free	4 oz	316 cal
quinoa, cooked	3/4 Cup(s)	167 cal
black beans, no salt, boiled	1/2 Cup(s)	114 cal

**MEAL TOTAL: Calories** 684 cal / **Carbs** 83 g (47%) / **Protein** 33 g (19%) / **Fat** 27 g (34%) / **Fluid** 24

**NOTES:**

**DAY 7 TOTAL: Calories** 2,792 cal / **Carbs** 381 g (54%) / **Protein** 147 g (21%) / **Fat** 80 g (25%) / **Fluid** 118



1 Servings

# fbbc cherry almond butter shake-vegan

## Ingredients

frozen fruit dark sweet cherries by dole

1 Cup(s)

avocado

1/4 avocado

almond milk (unsweetened)

1 cup(s)

almond butter (unsweetened)

1 tablespoon(s)

ice cubes

4 cubes

trulean vegan plant based protein frosted vanilla cupcake

1 Scoop

## Nutrition Totals

**Calories 413 / Carbs 32 g / Protein 29 g / Fat 21 g / Fluid 1 fl oz**

## Instructions

Blend all ingredients in a high-powered blender until smooth.

Top with optional chopped cherry pieces and serve.

## Nutrition Label

<b>Fbbc Cherry Almond Butter Shake-Vegan</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>413</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 21.1g	<b>33%</b>
Saturated Fat 1.6g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 356.6mg	<b>15%</b>
<b>Total Carbohydrates</b> 32.2g	<b>11%</b>
Dietary Fiber 10.9g	<b>44%</b>
Total Sugar 19g	
<b>Protein</b> 29.3g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 71mg	<b>7%</b>
<b>Iron</b> 2.6mg	<b>15%</b>
<b>Potassium</b> 296.7mg	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



1 Servings

# spicy quinoa & black beans

## Ingredients

red pepper, spices  
1/8 tsp

cilantro leaves raw, coriander  
5 sprigs

onions  
1/4 cup

garlic  
1/2 clove

quinoa  
1/4 Cup(s)

cumin ground  
1/4 tsp

black beans, no salt, boiled  
3/4 Cup(s)

extra virgin olive oil  
1/3 Tbsp

## Nutrition Totals

**Calories** 386 / **Carbs** 62 g / **Protein** 18 g / **Fat** 8 g / **Fluid** 4 fl oz

## Instructions

1. Heat the oil in a medium saucepan over medium heat. Stir in the onion and garlic, and saute until lightly browned.
2. Mix quinoa into the saucepan and cover with vegetable broth. Season with cumin & cayenne pepper (with salt & pepper to taste). Bring the mixture to a boil. Cover, reduce heat, and simmer 20 minutes.
3. Stir corn into the saucepan, and continue to simmer about 5 minutes until heated through. Mix in the black beans and cilantro.

## Nutrition Label

<b>Spicy Quinoa &amp; Black Beans</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>386</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8.1g	<b>13%</b>
Saturated Fat 1.1g	<b>6%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 9.9mg	<b>0%</b>
<b>Total Carbohydrates</b> 61.7g	<b>21%</b>
Dietary Fiber 15g	<b>60%</b>
Total Sugar 1.3g	
<b>Protein</b> 18.2g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 71.9mg	<b>7%</b>
<b>Iron</b> 4.9mg	<b>28%</b>
<b>Potassium</b> 807.6mg	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



2 Servings

## vegan fajitas

### Ingredients

corn tortillas, no salt  
2 tortilla

sweet green peppers  
2/3 medium

zucchini/summer squash  
1/2 small

summer squash  
3/4 cup

black beans, no salt, boiled  
1 1/3 Cup(s)

corn sweet yellow raw  
1 1/3 Cup(s)

olive oil  
1 Tbsp

distilled vinegar  
2 tsp

chili powder  
1/2 tsp

### Nutrition Totals

**Calories 759 / Carbs 126 g / Protein 33 g / Fat 19 g / Fluid 19 fl oz**

### Instructions

1. In a large bowl combine olive oil, vinegar, oregano, and chili powder. To the marinade add the zucchini, yellow squash, onion, and peppers. Marinate vegetables in the refrigerator for at least 30 minutes, but not more than 24 hours.
2. Heat oil in a large skillet over medium-high heat. Drain the vegetables and saute until tender, about 10 to 15 minutes. Stir in the corn and beans; increase the heat to high for 5 minutes, to brown vegetables.
3. Serve in corn or flour tortillas



# Nutrition Label

<b>Vegan Fajitas</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>379</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9.7g	<b>15%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>1%</b>
<b>Total Carbohydrates</b> 62.9g	<b>21%</b>
Dietary Fiber 15g	<b>60%</b>
Total Sugar 9g	
<b>Protein</b> 16.2g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 95.9mg	<b>10%</b>
<b>Iron</b> 3.8mg	<b>21%</b>
<b>Potassium</b> 994mg	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Shopping List

## Accompaniments

dijon mustard

2 tsp

1 Tbsp

mayonnaise, made with tofu

1 Tbsp

## Beverages

almond beverage with calcium

6.75 Cup(s)

almond milk (unsweetened)

2 cup(s)

drinking water

480 fl oz

iced tea, green

32 fl oz

## Bread

corn tortillas, no salt

3.5 tortilla

whole-wheat pita bread

4 small

whole wheat dinner rolls

2 roll

whole wheat raisin bread

4 slice

whole wheat tortillas

5 tortilla

## Cereal & Grain Products

cereals, kashi 7 whole grain nuggets

4 Cup(s)

oat bran, cooked

4 Cup(s)

quinoa

0.5 Cup(s)

quinoa, cooked

2.25 Cup(s)

wild rice, cooked

3 Cup(s)



## Cookies & Crackers

melba toast, no salt  
9 toast

## Desserts

mixed berry soy yogurt  
12 oz

## Entrees

quinoa chili, vegan  
1.5 serving  
vegan chicken strips, meat free  
20 oz

## Fats & Oils

extra virgin olive oil  
4.66 Tbsp  
olive oil  
1.75 Tbsp

## Fruits & Juices

apples  
6 large  
avocado  
0.5 avocado  
avocados  
0.25 avocado  
bananas  
2 extra large  
1 extra small  
blueberries  
2 Cup(s)  
nectarines  
5 fruit  
strawberries  
3.5 Cup(s)

## Ingredients

balsamic vinegar  
2 Tbsp  
distilled vinegar



3.5 tsp

## Legumes & Beans

black beans, no salt, boiled

4.33 Cup(s)

hummus

8 Tbsp

hummus, lower sodium

12 Tbsp

navy beans, no salt, boiled

0.67 Cup(s)

## Nuts & Seeds

almond butter

8 Tbsp

almond butter (unsweetened)

2 tablespoon(s)

almonds

4.25 oz

almonds, slivered

1 oz

natural peanut butter

3 tablespoons

## Snacks

almond nut thins hint of sea salt

2 oz

garbanzo beans, dry-roasted no salt

11 oz

pecan granola bars

4 bars

## Spices & Herbs

chili powder

0.88 tsp

cumin ground

0.5 tsp

red pepper, spices

0.26 tsp

## Sports & Diet Nutritionals

trulean vegan plant based protein frosted vanilla cupcake



10.5 Scoop

### Uncategorized

almonds, raw  
20 Whole nuts  
corn sweet yellow raw  
2.33 Cup(s)  
frozen fruit dark sweet cherries by dole  
2 Cup(s)  
green beans  
1.5 cups  
ice cubes  
8 cubes  
nutritional yeast seasoning by bragg  
5 Tbsp  
old fashioned oats by quaker  
0.75 Cup(s)  
pea milk unsweetened original-ripple  
58 fl oz

### Vegetables

baby carrots  
85 large  
broccoli  
1 cup  
brussels sprouts, no salt, boiled  
2.5 Cup(s)  
cauliflower  
4 oz  
celery  
2 large stalk  
cilantro leaves raw, coriander  
10 sprigs  
cucumber  
3 cup  
garlic  
1 clove  
mustard greens, no salt, boiled  
3 cup  
onions  
0.5 cup  
romaine lettuce  
11 leaf  
4 Cup(s)  
summer squash  
1.31 cup  
summer squash, no salt, boiled



**2 cup**

**sweet green peppers**

**1.17 medium**

**tomatoes**

**0.75 Cup(s)**

**zucchini/summer squash**

**0.88 small**

## Vegetarian Products

**chicken nuggets, meat free**

**8 oz**

**garden veggie tempeh**

**4 oz**

**peppered tofurky deli slices**

**4 oz**

**teriyaki tofu, baked**

**3 oz**

**vegan turkey with sage, meat free**

**24 oz**